



# e-Newsletter

September 17, 2018



## Safety Matters

September is National Preparedness Month. What should workers know before and do during an emergency evacuation? Do you know what it means to shelter in place? Do you have a plan in place at home for your family in the event of an emergency?

View September's [Safety Matters](#) newsletter, published by the Insurance Coverage Office (ICO), for important tips.

## Add More Fruits and Veggies

Did you know that fruits and vegetables should make up half your plate at each meal? One way to get more is to eat fruit for dessert. If you are a dessert-after-dinner person, rather than indulging in your usual favorite like cake or ice cream, swap it for a fruit. View Health Advocate's September [member newsletter](#) for more great tips to help you add more fruit and veggie servings to your day.

## Reminder: October 2, 2018 Governor's Cup 5K Run/Walk

2018 GOVERNOR'S CUP



### On-Site Participation

5K Run/Walk, 1-Mile Noncompetitive Fun Walk and Health Fair

Limited to 600 participants (first come, first served)

The Governor's Residence at Woodburn - 151 Kings Highway, Dover, DE 19901

### Off-Site Participation

No limit on number of participants

Walk, jog or run 6,400 steps - roughly the equivalent of a 5K - throughout the day

**Participate individually or join/create a team. The last day to pre-register is September 25!**

Delaware's Division of Public Health (DPH), in partnership with the Statewide Benefits Office (SBO) and DelaWELL, is presenting this **FREE event** exclusively for State of Delaware employees, including faculty/staff of all public school districts and charter schools, and pensioners.

With the return of the off-site participation option, employees and pensioners who are unable to attend can join in on the fun from anywhere they happen to be on October 2.

Learn more and register today as an on-site or off-site participant at [www.GovernorsCup5K.com](http://www.GovernorsCup5K.com).

Have questions? Email DPH at [govcup5k@healthydelaware.org](mailto:govcup5k@healthydelaware.org).

**Fellowship - Activity - Giveaways & Awards - Off-Site Option**

This newsletter is published by the State of Delaware Statewide Benefits Office (SBO), Department of Human Resources (DHR). Click [SBO e-Newsletters](#) to view other issues.

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